<u>IN THE ABSTRACT</u>

Please add the Abstract appearing on the following page:

ABSTRACT OF THE DISCLOSURE

A method of converting m-bit information words to a run-length constrained modulated signal includes converting the information words into n-bit code words. The available code words are distributed over at least one group (G1) of a first type and at least one group (G2) of a second type. The selection of a code word belonging to the group of the first or second type establishes a coding state of the first type (S1) or one of a number r of coding states (S2, S3) of the second type, depending on the current information word. For each information word, a subset of code words is available, this subset having at least one disjunct code word for each of the r coding states. The selection from the subset of the code word to be delivered is based the coding state, on dynamically verifying the run-length constraint for the sequence of code words, and on an additional criterion, like the low frequency content of the modulated signal.